

# Grades K-4 Teacher Lesson: Exploring Different Ways to Wait



Explain to students it is normal to want something to happen immediately. This is not always possible, so developing self-control skills can help students learn to wait.

## Ask:

*Why is it important to learn to wait for things?*

- Introduce the vocabulary “patience” and “delayed gratification.”
- Provide students with concrete scenarios that may require them to wait.
  - **Example:** You’re really excited to go to recess today, but it is still morning and school just started.
  - **Example:** You have something important to tell your teacher, but your teacher is busy talking to another student.
- Allow students to choose one of the strategies below as they think about the best way they can wait in that scenario:
  - Count forward or backward.
  - Play the waiting game.
    - **Examples:** Find your favorite colors, shapes, or objects
  - Create a craft.
    - **Examples:** Cards, letters, or pictures
  - Complete a task.
    - **Examples:** Clean your room, finish schoolwork, or help a friend or family member
  - Do a fun activity.
    - **Examples:** Play with Legos, play with a friend, or color
- Next, have students complete the sheet “I Can Wait” for grades K–2 or “What Does It Mean?” for grades 3–4.



# I Can Wait

Grades K-2

Name: \_\_\_\_\_

**Directions:** Think of a time when you couldn't wait for something to happen, like Imani pictured below. If you were Imani, what are some things you could do to learn how to wait? Complete the sentences and draw a picture.



Imani couldn't wait to go see the ballerina.



Imani waited by making a card for the ballerina.

I couldn't wait to

\_\_\_\_\_.

I can wait by

\_\_\_\_\_.



# What Does It Mean?

Grades 3-4

Name: \_\_\_\_\_

**Directions:** When reading a new story, we may come across words we don't understand. We can use context clues, illustrations, and word parts to help us figure out the meaning behind them. Think of the word "patience" and the phrase "delayed gratification." In the squares below, define them in your own words, provide synonyms, draw a picture to represent them, and use them in a sentence.

**New Word:** \_\_\_\_\_

Your definition:	Synonyms:	Drawing:
Sentence:		

**New Word:** \_\_\_\_\_

Your definition:	Synonyms:	Drawing:
Sentence:		

